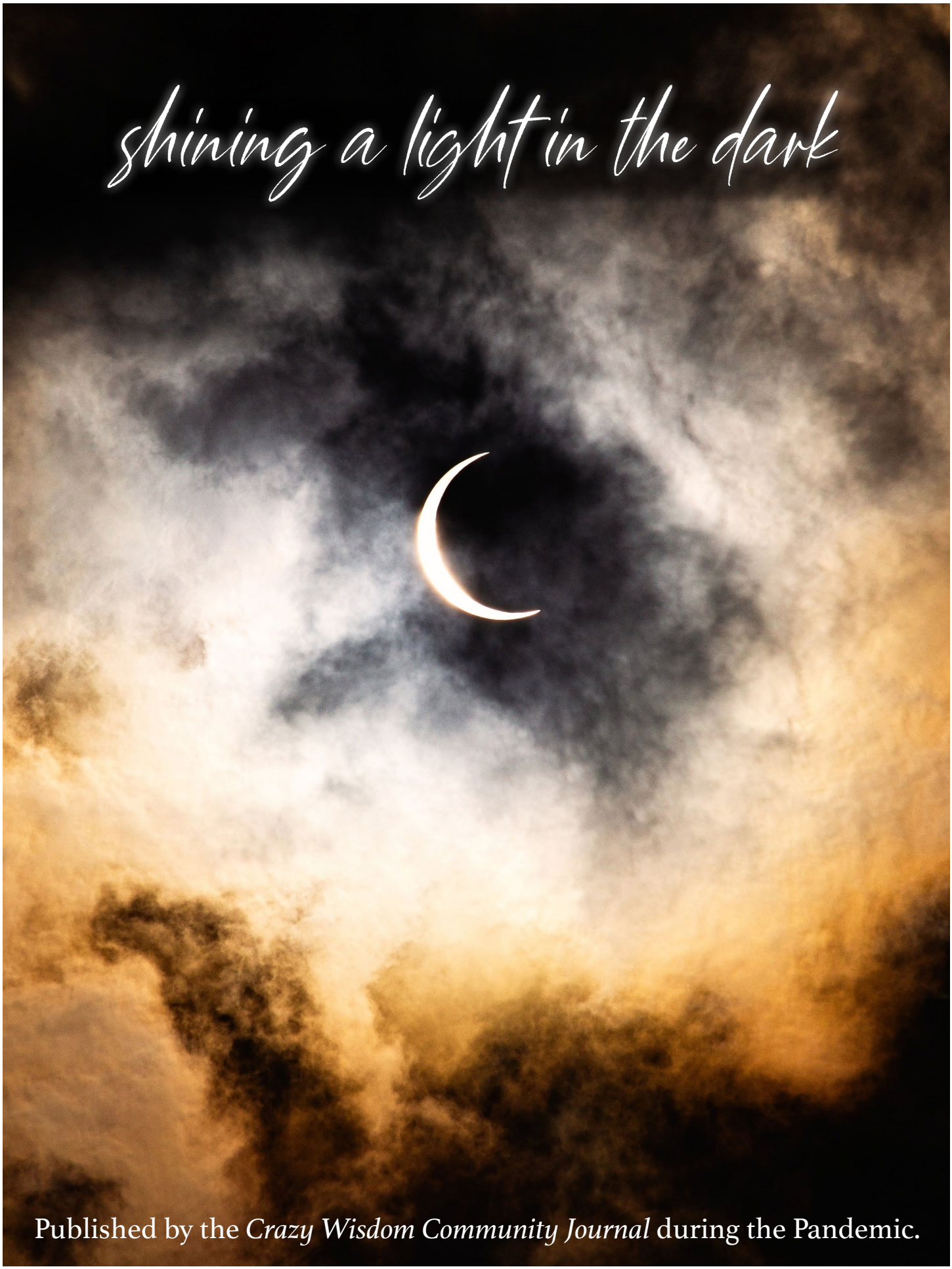
October 9, 2020
Issue #25

Brett Sauve, Painter and Sculptor

The Crazy Wisdom Weekly

shining a light in the dark



Published by the *Crazy Wisdom Community Journal* during the Pandemic.

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The Crazy Wisdom Weekly

The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

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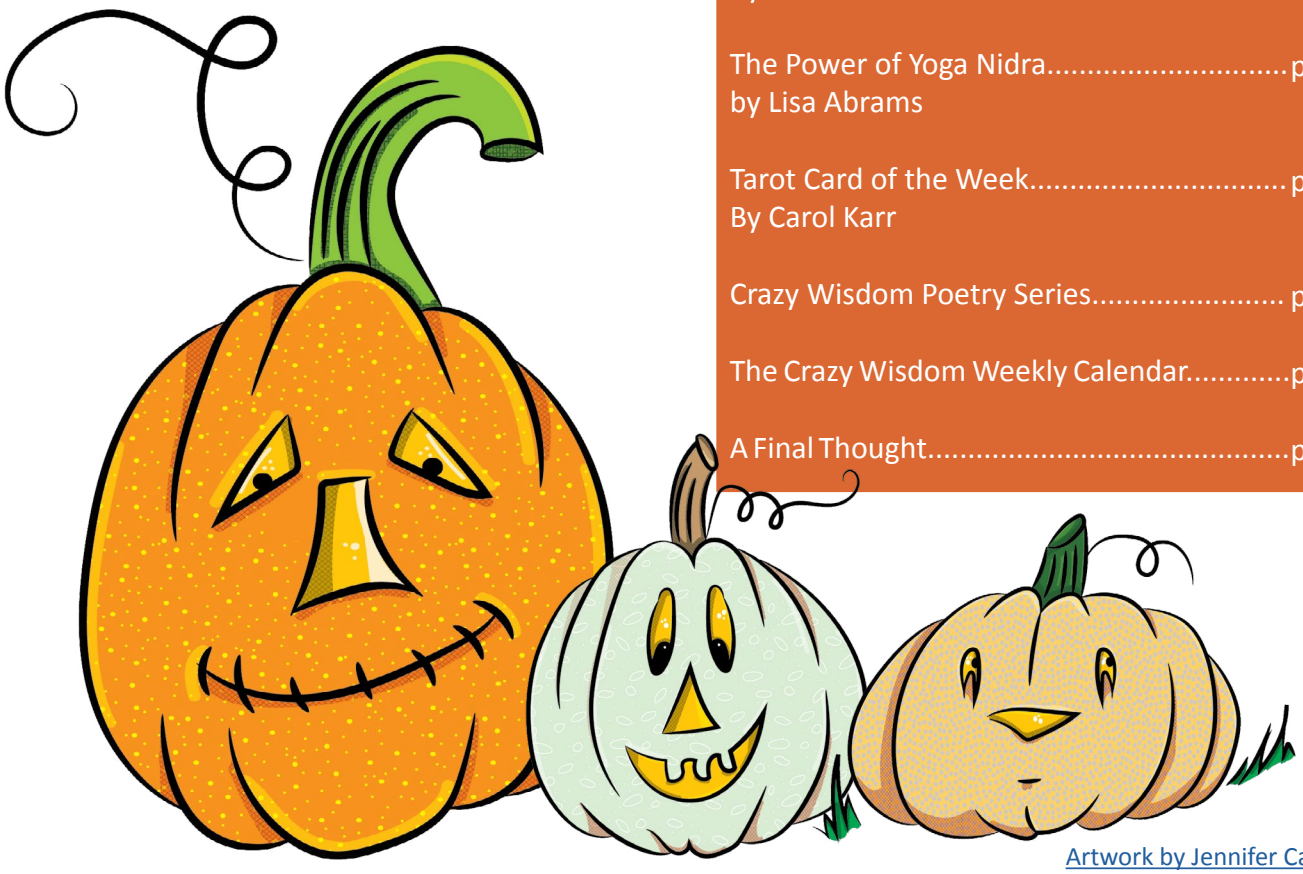

Artwork by Jennifer Carson

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Barbara Brodsky
Peggy A. Alaniz
Catherine Carlson
Sarah Williams
Brett Sauve
Linda Diane Feldt
Carol Karr
Sarah Newland
Jennifer Carson
Bill Zirinsky

Word of the Week:

Anfractuous

Winding or circuitous.

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Astrologically Speaking

By Catherine Carlson

Astrologers everywhere knew that in 2020 a rare and important gathering would take place in the heavens. Certain planets were going to meet that had not been together in quite the same location for many, many, centuries (1894 BC to be exact, during the birth of Babylon). They had been watching members of this board meeting approach its conference room—the sign of Capricorn—for a while. Pluto arrived first, then eventually Saturn, and finally Jupiter, all moving at different speeds. In the simplest terms, each of these planets represent the energies of transformation, structure, and expansion, respectively—all powerful in their own right, but together they would act as one—Whoa! We knew it was going to be an intense period in our world. We could see what was coming, much like a weather pattern, but nobody knew how it would play out.

The period of time when all of these planets finally connected in their closest proximity occurred in January 2020. But planetary energies are not like an on/off switch, they rise and set like the more familiar sun and moon, and they also move forward and retreat. For this reason, the energy of this interplanetary conference had been coming down the pike, long before it reached its conjunction. If you have been paying attention, you most certainly have felt the winds of change in the last several years. Now these winds have reached a culmination as we experience dramatic shifts in real time. Planets do not remain stagnant so we know this exact conglomeration will move on. And no matter what, we will continue to feel the repercussions of this stellar lineup long after it has passed. These planets have united to perform an important task, one that they could not perform individually. Their collective role is to illuminate what has been hidden, to show us the cracks in our foundations or what is out of integrity, especially with respect to all the structures and institutions most relied upon in our modern world, to restrict us in some ways, and to do it in the biggest and most showy way possible—to make it obvious so we can really hear it, really feel and experience it, so we simply cannot look away.

So here we all are, in the middle of world changes that no one alive has ever experienced. As anyone can plainly see, there are forces much greater than our own operating in our world, forces of nature, time, and space. In April of this year Pluto went retrograde followed by Saturn and Jupiter. This is why this past summer it may have felt like we were stuck to some extent. Retrogrades allow us to re-visit, re-work, or re-do, rather than start something new. Between September 13 and October 5, all three of these planets will station direct again, pushing their energy forward, moving us ahead finally, and upping the intensity.

On their own these energies would be considerable, yet more digestible, but together they have a tremendous impact. In the sign of Capricorn they are affecting everything that we have come to rely upon as our way of life. What everyone wants to know is: *How long is it going to last?* These three planets will be together through the end of the year and then Jupiter will depart, followed by Saturn. Pluto, a powerful transformer, and the slowest moving of the three, will remain in Capricorn. So, all told they will have spent more or less 12 months together—a considerable amount of time. We are experiencing this globally and for some these energies are also affecting them very personally. It is worth noting that these planets are affecting the astrological chart of the United States quite strongly. Pluto is back where it was right before the birth of America.

It may feel like the end of the world, but it's actually just the end of the world as we *know* it. Although it is difficult for systems ingrained in our culture to change, or to be presented with a challenge by learning something previously unknown, in astrology these are all thought to be for our ultimate benefit. Crisis leads to rebirth. According to the stars, we are at the beginning of a massive transition, which will lead to an even bigger transformation. We cannot see things when we are going through them, but during this time right now we are creating seeds of change. This is an opportunity for us to consider what type of fruit we want those seeds to bear. These planets and their collective energies are helping us to be better prepared for what is coming next.

Interested in learning more about astrology? Check out more articles onour website.

COMFORT FOOD

Cold Noses, Warm Teas: Comfort Tea For the Coming Winter

By Peggy A. Alaniz

The Farmer's Almanac has predicted another cold, snow-filled winter for the state of Michigan. Big Surprise! Having lived in Michigan most of my life the prediction seems average at best. A mild winter is more of a rarity than one with consistent below zero weather and a foot of snow every two days. I say embrace winter! It's a good time for winter sports such as skating, hockey, skiing, and sledding. Wintertime is tea time. After all, there is no better way to warm up from being outside in all the cold and yuck, than a warm, flavorful drink. Winter is a playground for various hot tea combinations. Some of the herbal teas, such as peppermint, can even spice up your coffee or cocoa.

The winter is about enjoying the cold, and then finding comfort. So, I am going to suggest a few combinations of tea to try to heat things up. Any of them that use milk can also be made with almond, rice or coconut varieties due to allergy reasons, as well as to add depth of flavor.

Chai Tea is my number one pick for the winter. Traditionally, the tea is made with black tea and a variety of spices, such as cinnamon, clove, ginger, cardamom, black pepper, and fennel. Usually, the tea combination is steeped then combined with hot milk and some sugar to taste. For me, cinnamon makes Chai sweet already, so I don't add any sugar to it. The spices are warming as well as comforting. Chai simply put is a smile in a cup. Not only is the tea delicious it also has amazing health benefits. Chai tea has been known to help reduce blood sugar levels, aid digestion, and it works to help alleviate inflammation.

Cambric Tea is made from milk with some sugar and a little bit of tea. Some people make the tea prior to adding the milk. As a former barista I usually steep the tea in the hot milk. The flavor of tea used should be very mild. Traditionally, a Cambric tea should be mild because it is often referred to as nursery or infant tea. My favorite Cambric is one made with Earl Grey tea. However, any flavor of tea will work, even Matcha with a bit of cane sugar or honey. For me a Cambric is an ideal way to drink Matcha tea, which tends to be quite strong and even medicinal. Overall, Matcha contains many health benefits such as help with weight loss, type two diabetes, heart health, and even cancer.

Finally, tea can be used to make a heck of a good hot toddy. On a cold winter night sometimes you need something a little extra to help warm things up. One of my favorite hot toddy's combines whisky with Earl Grey tea. The citrus notes found in the tea complement a good whiskey. So, I leave you with a Hot Toddy Recipe. Enjoy the coming snow with a nice cup of hot tea in hand!

Earl Grey Hot Toddy Recipe

2 to 2 ½ cups of hot water, not boiling. You want it hot enough to drink, but not scald yourself

1 Tablespoon of orange juice

2 Tablespoons of your favorite whiskey, rum, or spirit

1 Slice of orange

1 Cinnamon stick

1 Bag of Earl Grey tea, or approx. one to two tablespoons of loose leaf tea in a tea infuser

Combine the hot water with the Earl Grey tea. Allow tea to steep for one to two minutes, or until it has reached a desired color. Remove tea and add orange juice, cinnamon stick, whiskey, and an orange slice to garnish. Drink and enjoy.

Peggy Alaniz is a local tea enthusiast and former resident of Boulder, CO. where she spent time employed by Celestial Seasonings. Have a question about tea? Email Peggy at paalaniz.email.me@gmail.com.

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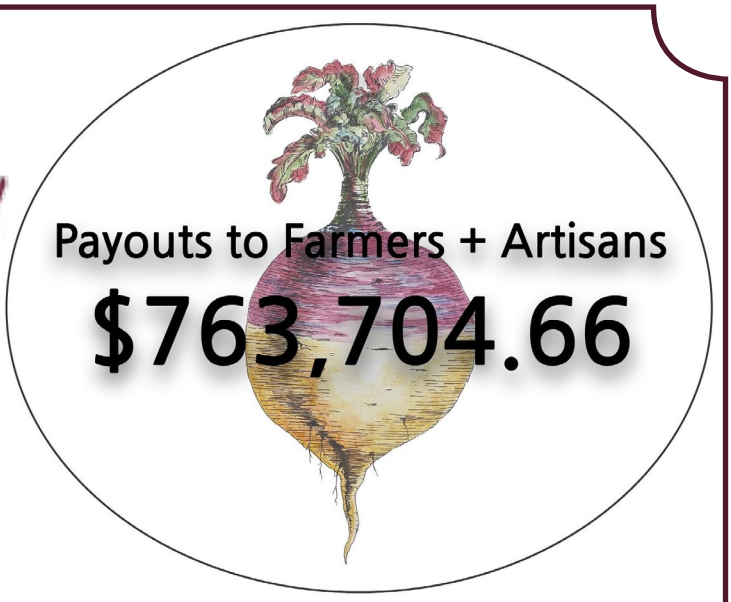

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From Our Archives

Living From the Awakened Heart

By Barbara Brodsky

Thirty years ago, when I founded Deep Spring Center and first began to teach meditation and to channel my discarnate teacher, Aaron, there were few places where one could meditate and enjoy organized spiritual discussions. The Zen Temple comes to mind, and Jewel Heart had just opened the previous year. At that time, "meditation" usually meant Buddhist meditation, although one organization in town taught Transcendental Meditation. There were even fewer places that offered any connection with spirit and specifically discarnate, channeled entities. Looking at the Crazy Wisdom Community Journal now, I see with delight all the opportunities for practice and discussion in many traditions.

I am glad that so many are seeking deeper spiritual awareness, though at times I feel concerned by an occasional comment in the vein of "my tradition is better than yours." Better for what? Is it better to eat carrots or cheese or chocolate? It depends on what each unique mind/body/spirit needs at that moment, and the same is true for spirituality. All spiritual paths that truly teach love are working in this direction, each with their own specific tools and passageways. Each path has its own unique way of teaching and expressing the same truths, and a person is karmically more pre-disposed to some paths than others. But all are paths to higher consciousness. To me, it feels vital to keep the big picture in our minds and hearts.

Deep Spring Center does not hold to any one tradition, but is a center for deep insight into non-duality, experienced and understood through meditation. The core practices are Vipassana (or mindfulness meditation) and Pure Awareness meditation, along with practices that support the open heart.

Many people are asking the same questions. What are we all seeking? What do we all have in common? I hear, "How do I live with greater compassion and wisdom? How do I truly learn to love my neighbor as myself?" And the most frequent questions, "Who am I and what is this life about, with its pain, wars, famine, terrorism, hate, natural disasters, and the destruction of the environment?" and "How can I help?"

People come to a spiritual practice and community for many reasons. Often the start is either because we are searching for meaning in life, or because we feel worn down by life and are suffering and in pain. Belonging to a spiritual community, where new friends and the guidelines of a formal tradition may lead them into a more focused and fruitful search and practice, comforts some people and offers direction. Others study and attend classes, looking for answers to the ancient questions through the path of the intellect.

There are those who seek psychological help for their suffering, which may also be supportive for a while. However, one may gain understanding of the triggers, yet still be reactive to them, suffering because there seems to be no escape.

For me, tools offered in various traditions have been helpful on this life journey ,and Aaron and I have drawn them into Deep Spring's offerings. Jesus asks us to "love one another," but how do we love people who bring us pain and trigger fear? It's not so easy. From Buddhism, the beautiful Eightfold Path guides me to moral awareness, deepening wisdom and presence, and gives me tools to love. But I was born into a Jewish family and find great wisdom there, too. I am a Quaker, and my Guru is a Hindu saint. All of these traditions and teachers touch my heart and inform my path. So does nature and the immense kindness I have encountered. This blend is my path and what I teach. It seems for most of us there is a blend—the parts will come together with some degree of ease when we understand and follow our highest intentions.

My experience is that we are all spirit, evolving into higher consciousness, as is the earth that is our home. Aaron says his understanding is that our earth is a cornerstone of expanding consciousness because here we have free will: the choice to act out fear-based impulses or to see such impulses arise and know that we can hold to a deeper truth based in loving kindness and compassion. When we respond from a loving heart, the consciousness that makes such choice literally carries a higher energy, a higher vibration (if I may call it that). Thus, as we learn to hold to a loving attitude toward all beings (including ourselves), and learn to be non-reactive and release dualistic ideas of self versus other, we are gradually inviting ourselves, our earth, and the entire universe, into a place of higher consciousness.

Read the rest of the story online

5 questions for artist, BRETT SAUVE

With so many afraid of in-person gatherings, what made you decide to participate in the A Rare Find art show this weekend?

I think the main reason I felt comfortable with this in-person gathering is that it is an outdoor event. I am also able to set my space up in a way to keep people a safe distance away from me, for their benefit and mine.

What is it you like about working with clay? What does it allow you to convey that other mediums don't?

I like working with clay because it gives me the ability to add and subtract from my art piece without using caution. Clay is a very forgiving material, if I don't like what I am working on I can just scrap what I am in the middle of and start over. Clay also gives me the ability to bring my 2-dimensional sketches into the 3-dimensional world.

What inspires your art?

I am strongly inspired by emotion and mental health. Both of these directly impact the work I am creating.

During our state lockdown, what kept you going creatively?

Creating is what has kept me going! Nothing other than needing to do something, other than thinking about the current state of the world, kept me making art. If it wasn't for making art, I would be in a much worse mental space than I am now. Making art is one of the few things during lockdown that made me feel sane. This allowed me to keep creating.

I read in an article that if artists aren't making political art right now, that they aren't truly artists. Do you agree with this statement and are you making a political statement with your art?

I disagree with that statement. There is definitely a place for political art, but I would never say that if an artist isn't making political art then they aren't an artist. Art can be used to express many different feelings and emotions. Sometimes those emotions are politically charged and sometimes they are not. I do not make "political art." The majority of the work that I will be displaying at "A Rare Find Art Show" is a cross between fantastical and functional.
You can see more of Brett Sauve's work on his Facebook Page.

Find about more about A Rare Find art show, and the artists attending, here.

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From the Fall Issue of the Journal

For our 25th Anniversary Issue of the Crazy Wisdom Journal, we invited eight well-respected leaders in the regional conscious living community to tell us what they have been up to and what they have been thinking about during these months of sheltering in place. Below is our featured interview with Linda Diane Feldt.

Linda Diane Feldt

Linda Diane Feldt is a Holistic Health Practitioner, writer, and teacher. Her primary work is with Cranialsacral Therapy, Polarity Therapy, Herbology, and massage. A student of the healing arts since 1973, she has had a local private practice beginning in 1980. She has worked on the national level as past President of the American Polarity Therapy Association, and as a board member of the National Certification Board for Therapeutic Massage and Bodywork. Her current focus is working with new moms and babies who have nursing difficulties or birth trauma. She has been on the cover twice over the years, one of which was to celebrate the publication of her third book, Spinach and Beyond.

Did you develop any new habits during these months of stay-at-home orders and social distancing, or because of fear of exposure to Covid-19?

I'm one of those triple-at-risk people who was already laying low before the stay at home order. That will continue. It appears that I had the virus in February so I'm still recovering from that, as I also appear to be one of the rare few who are taking months or longer to stop having symptoms. I have no new habits, just coping every day with a complex medical picture and staging symptoms. I do have more gratitude than ever just to be alive and usually functional. I hope that will continue and expand as well!

What inspired you to become a holistic health practitioner?

I had imagined I would go into public policy or advocacy work, especially political activity. When I started doing direct services at Ozone House, and practicing massage therapy, I realized it was much more impactful and also fulfilling. That's the simple answer.

What inspired you to become a holistic health practitioner?

I had imagined I would go into public policy or advocacy work, especially political activity. When I started doing direct services at Ozone House, and practicing massage therapy, I realized it was much more impactful and also fulfilling. That's the simple answer.

Did your childhood dreams manifest in your adult life? How?

I wanted to be a teacher, a writer, an advisor to major politicians, and an environmentalist. I think I've figured out a way to have all of that and more.

What will have changed in your life permanently due to covid-19?

I'm concerned that having the virus may have created some negative permanent change, like so many viruses do. Social activity, having dinner parties, small changes. But there is also a shift in the world in general being more vulnerable and having had this time to take stock and reset.

How have you handled this unique time in your life? Have you found yourself getting lonely, and if you have, how have you helped yourself to feel better? What gifts or blessings have come your way during these months, and what has been hardest?

I am a social extrovert. And I love my work with clients, so that has been very hard. I'm also a relative newlywed and my husband has been a rock and a solid ally in getting through this. I am profoundly grateful for his support and love. I've learned and practiced a lot of asking for (and accepting) his help. It is pretty amazing.

—Linda Diane Feldt

What do you think is the most fascinating or profound aspect (or aspects) of this pandemic, and its effects on our culture and country?

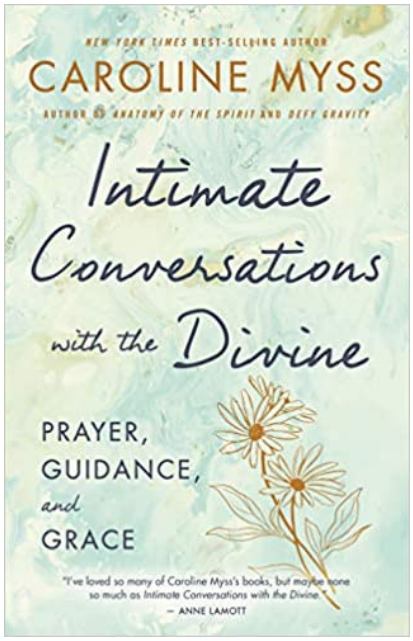
It's too early to tell. There are some interesting changes in family dynamics, in political awareness, in personal health. It's hard to know how this will all come together and how it will play out. But the world is a bit more surreal and there are possibilities.

The Crazy Wisdom Community Journal
Southeastern Michigan's Conscious Living Magazine
FREE
September through December 2020 - Issue 75
25th Anniversary Issue
Leading Lights from the Community (and from our previous covers) Came Together on the Eve of the Pandemic to Help Us Celebrate
From left to right: Bill Zirinsky, Linda Diane Feldt, Brian O'Donnell, Bronwen Gates, Lev Linkner, Cathy King, Haju Sunim, Richard Mann, Larissa Czuchnowsky and her son, Isaac Levey
Sandor Slomovits on the Legacy Land Conservancy • The Grit Behind the Grange (Restaurant) • Hidden Gems: Green Spaces You Might Not Know About • Yin Feminism • Sandy Finkel and Dennis Chernin on Stepping Out of their Comfort Zones • Kintsugi and the Art of Healing the Broken Heart • Saved by the Squirrels • Psychotherapist Marcia Haarer • Kokopelli's Corner • Conscious Parenting • Great Tastes • Yoga Column • And More

Don't miss the 25th anniversary issue of *The Crazy Wisdom Community Journal* **on newsstands now and also online!**

Crazy Wisdom Book Pick of the Week

By Sarah Newland


New York Times Best-Selling Author
CAROLINE MYSS
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Intimate Conversations with the Divine
PRAYER, GUIDANCE, and GRACE
"I've loved so many of Caroline Myss's books, but maybe none so much as Intimate Conversations with the Divine."
– ANNE LAMOTT

Intimate Conversations with the Divine
by Caroline Myss

In her most personal book to date, beloved teacher and best-selling author Caroline Myss draws on her own practice to help us regain our fluency in the language of prayer and renew our connection to the sacred.

Intimate Conversations with the Divine offers 100 of Myss's personal prayers as a resource and inspiration to start a prayer practice of your own. Each prayer illustrates a different type of grace that feeds the human soul, from awakening, endurance, and healing, to silence, surrender, and trust.

"We are one holy system of life and great cosmic truth, which is that all life—including all of us—breathes together," Myss writes. "I hope this book, these prayers, will bring you comfort and grace, and help you through the difficult times ahead. And I hope they will inspire you to believe that with God, all things are possible."

Purchase your copy of *Intimate Conversations with the Divine* at shopcrazywisdom.com.

THE POWER OF YOGA NIDRA

By Lisa Abrams

A lot of people have a hard time meditating, but one of the things we all know how to do is sleep. Every night when we fall asleep, there's one thing we must do to be successful—we have to let go of our thoughts.

Yoga Nidra is a sleep meditation. It uses the biological process of sleep to help us naturally and effortlessly disengage from our thoughts. So, we don't have to struggle to sit up straight, no kinks develop in our knees, and there is no pain in our back. Instead, we are lying down in a comfortable position and relaxing toward sleep, where we can experience the deepest states of meditation effortlessly.

The beauty of Yoga Nidra is we can't do it wrong. The hardest thing we have to do is stay awake, but even if we fall asleep, we still get the benefits!

The ancient yogis developed Yoga Nidra to help reduce stress, heal, and restore our bodies and minds while supporting the prevention and reversal of conditions such as osteoarthritis, insomnia, brain fog, depression, anxiety, nervous system issues, and high blood pressure.

Yoga Nidra is the union of awareness to the process of sleeping. It is a 30-40 minute deeply relaxing, sleep-based practice that follows the brainwaves down toward sleep, where our thoughts naturally distance themselves. The goal is to remain alert, while leaving the waking state, going past the dream state, and entering the deep sleep state. Most people fall in and out of sleep while listening to the instructions of the teacher.

Every time we practice Yoga Nidra meditation, we are giving our bodies the very best environment to experience health, peace, and vitality. We are nourishing our bodies with hormones and neurotransmitters that make us happier, more relaxed, stronger, and it all happens effortlessly by doing something that feels great!

Yoga Nidra creates a deeply restorative state that triggers our brains to release neurotransmitters including GABA, dopamine, serotonin, oxytocin, and endorphins. Melatonin, a hormone, is also released. Each of these chemicals creates greater ease and well-being, stronger physical health, mental balance, and reduced inflammation. The practice has been clinically shown to increase mindfulness as well. It can serve as a stand-alone meditation practice or supplement an established meditation practice.

There is an expression, "the best way to predict the future is to invent it." This is also what Yoga Nidra does: it helps us invent our future and reduce our stress, anxiety, and depression that get in the way of what we ideally want in our lives.

Yoga Nidra works by literally stilling the "waves" of the mind. The more we can still the waves of the mind, the more we can notice that we are more than the mind. The more our mind takes a back seat, the more we can enter the power of the mystical third eye, the point between our eyebrows. Yoga Nidra helps open this third eye—the channel where we step out of the field of dualities and into the unified vision of oneness and unconditional love.

What is the difference between Yoga Nidra and meditation? The use of setting intentions and positive affirmations is unique to Yoga Nidra. Setting an intention and repeating it during the 30-minute session allows us to target specific issues we'd like to change and improve. What seems dense and difficult to change at the physical level is pliable and easy to change at the subtler levels of being in the sleep state. Most Yoga Nidra sessions take place in a group setting, but sometimes a private session is helpful because there can be more time to work on developing intentions.

How would it feel to have everything you wanted? In Yoga Nidra, we experience this power. We enter deeper states of consciousness where our unmanifest dreams become manifest reality. We become more loving, peaceful, creative, and productive. Affirmations like "I radiate success and prosper wherever I turn" are manifested. Conditions leave us, and we experience the things in life we have wanted. If we don't know what we want, Yoga Nidra helps identify what that is. If it sounds too good to be true, try it and experience the benefits firsthand!

Lisa Abrams is a Certified Integrative Amrit Method (I AM) Yoga Nidra Facilitator. She currently offers weekly scheduled on line Zoom Yoga Nidra Healing Sessions to people all around the country. She can be reached at lawabrams@comcast.net.

READ MORE ARTICLES FROM THE CRAZY WISDOM COMMUNITY JOURNAL, ISSUE #75 ONLINE!

Tarot Card of the Week

Three of Cups

By Carol Karr

(Excerpt taken from the Biddy Tarot Blog)

Often, when we experience traumatic events, we are reminded how much we cherish our friendships and relationships. Our friends and loved ones can also support us and nurture us as we heal, providing a shoulder to cry on or a big, warm hug when we need it most.

In the Three of Cups, three young women are dancing with each other in a circle, raising their cups high in the air in a toast of joy and celebration. They look to one another with appreciation, honor, and respect, and are bound by their emotional connection and friendship. There is a sense of lifting each other up and celebrating each woman's unique contribution to the group. The ground is layered with flowers, fruit, and a pumpkin, symbolizing the celebration of an abundant harvest and the goodness in life.

Crazy Wisdom Poetry Series

Hosted by Joe Kelty, Ed Morin, and David Jibson

Second and Fourth Wednesday of each month, 7-9 p.m.

Until further notice, all sessions are virtual and accessible through Zoom.
Email cwpoetrycircle@gmail.com for the Zoom link.

Featured Readers:
Donovan Hohn and Natalie Bakopoulos

7:00 PM - 8:45 PM • Wednesday, October 28, 2020

Donovan Hohn is the author of *Moby-Duck: The True Story of 28,800 Bath Toys Lost at Sea*, a New York Times Notable Book and runner-up for two major awards. His essays appear in *Harper's, Lapham's Quarterly*, and *Best Creative Nonfiction*. He will read from *The Inner Coast: Essays*, published last June.

Natalie Bakopoulos is the author of two novels: *The Green Shore* and the recently published ***Scorpionfish***. Her work has appeared in Granta, The Iowa Review, Ploughshares, and O. Henry Prize Stories. She's an assistant professor at Wayne State University and faculty member of the summer program, Writing Workshops in Greece.

Featured reader is followed by Open Mic reading. • FREE. All writers welcome • Read your own or other favorite poetry. • Sign up begins 6:45 p.m. • Poetry Series readings every fourth Wednesday hosted by Joe Kelty, Ed Morin, & Dave Jibson. See our blog at cwcircle.poetry.blog.

The Crazy Wisdom weekly Calendar

Festivals and Events

A Rare Find• October 10th • 11 a.m. - 8 p.m.• 4671 Walz Rd. Jackson, MI 49201. With 30 local artists, free kids activities, exotic bird interactions, and more. A socially-distanced art event. For more information visit the A Rare Find event page.

Kabbalah

Brand New Beginning Kabbalah: Kabbalah Miracles • October 14• 10 a.m. or • 7:30 p.m. This life-changing journey is an ordered, systematic approach to develop and balance all the important areas of life. Rather than utilizing so much energy RESISTING (for example, exercise, meditation, eating and/or drinking healthily), we utilize that liberated energy for CREATING, which puts us on a similar vibration as our Creator. We become empowered to join with G-D and become co-creative, proactive manifestors of our dreams, desires, and goals, open to MIRACLES, and fulfilling our destinies. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Kabbalah for Couples • October 18 • 3 p.m. This is not couples therapy. This is for basically good relationships that both parties are willing to work on, to make their relationship even better, physically, emotionally, mentally, financially, spiritually, and energetically. This two-hour session (rather than one hour), one time per month, for about a year, can help you get your relationship to the place that you always wanted it to be but did not know how. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade & up) • October 18 • 1 p.m. Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (rather than reinforcing feelings of being different, damaged, defective, disordered, dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves and genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the prophecy of "1000 Years of Peace." For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Meditation, Martial Arts, and Yoga

Combatting Racial Prejudice and Inequality Through Meditation and Contemplation • October 5th • 7 p.m. • Three guided meditation sessions, the first Monday of each month, on October 5, November 3, and December 7 from 7-8 pm. All sessions are free and open to everyone, and will be led by Kathleen Thomas, a long-time student of Jigme Khyentse Rinpoche and a social worker at the Ann Arbor VA Hospital. For more information visit Ann Arbor KTC online at annarborktc.org. To register for any or all of the sessions in this program and receive the Zoom link and supporting materials, please email lamanancy@annarborktc.org.

Online Workshops

D.O.V.E. Divine Original Vibration Embodiment System Training (Karen Greenberg's Clair-Ascension Kabbalistic Balance) • October 9 or 16 • 10 a.m. • After studying D.O.V.E. System manual, learning to identify and repattern client's limiting beliefs, thoughts, attitudes, and patterns, and assisting client in expressing any commensurate low-vibrational emotions, through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with G-D, Archangels, Angels, Masters of Light, trees, powerful Archetypes, and more. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Connecting with Archangels • October 11 or 18 • 6 p.m. • Become acquainted with the various Archangels represented in the Sephirot (Spheres) in the Tree of Life. Learn who the Archangels are, what they each do, on whom to call for particular assistance, and how to safely call upon them. Connect , ask Questions, often receive helpful information. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Weekly Zohar (The Book of Radiance) Study • October 11 and 18 • 8 p.m. • Explore the hidden and mystical meanings concealed in the Old Testament (Torah); deepen your spiritual knowledge, awareness, consciousness, and connection. For more information call Karen Greenberg at (734) 417-9511 or email krngrnbg@gmail.com, or visit their website, clair-ascension.com.

Basic Animal Communication • November 21 • 9 a.m. • Learn to communicate with animals the way they communicate with each other, telepathically. In a nurturing environment, you will learn step-by-step how to calm your mind to allow your natural telepathic skills to blossom and to connect with animal minds. This is a two-day online class that goes from 9am-4pm each day, November 21-22, 2020. Pre-requisite: read Animal Talk, by Penelope Smith. Fee is $150/$120 if paid by November 7, 2020. For more information contact Judy Ramsey at 734-665-3202 or email Judy at ramsey.judy003@yahoo.com . You can also learn more online.

Shamanism

Medicine For The Earth • October 23 • 9 a.m. • Explore the depth of your own inner light and its connection with All That Is. Learn how to transform the energy behind toxic thoughts and achieve balance in yourself and harmony in your world. You will connect with nature, spirit allies, and the elements to learn how to transform and heal yourself, your community and your environment. Suggested reading: Medicine for the Earth: How to Transform Personal and Environmental Toxins by Sandra Ingerman. Journeying skills are not necessary. All levels and traditions are welcome. This is a 3-day class from October 23-25, Friday 7-9pm, Saturday 9am-9pm, Sunday 9am-12pm. Fee is $180/$120 if paid by October 10, 2020. For more information contact Judy Ramsey at 734-665-3202 or email Judy at ramsey.judy003@yahoo.com . You can also learn more online.

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life • November 7 • 9 a.m. • The shamanic journey is an easy and powerful tool we can use to access spiritual information. In this class you will meet and begin to develop a relationship with a compassionate spirit or power animal who is coming forward to help you at this time in your life. You will learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way.This class is a prerequisite to ongoing and more advanced shamanic studies. This is a two-day class online from 9am-3pm each day, November 7-8, 2020. Fee is $150/$120 if paid by October 24, 2020. For more information contact Judy Ramsey at 734-665-3202 or email Judy at ramsey.judy003@yahoo.com . You can also learn more online.

Storytelling

StoryFest Adult Concert • October 10 • 7 p.m • Ann Arbors Storytellers' Guild presents an evening virtual concert of amusing and creative stories for adults from the comfort of your home. Registration required. For more information visit annarborstorytelling.org.

StoryFest Family Fun • October 11 • 2 p.m • The Ann Arbor Storytellers' Guild presents a virtual Family Storytelling Concert that will inspire young imaginations and giggles! Attend from the comfort of your own home. Admission is free, donations welcome Preregistration Required, please. For more information visit annarborstorytelling.org.

Writing and Poetry

Crazy Wisdom Poetry Series • October 28 • 7 p.m. • Poetry Reading. Featured readers: Donovan Hohn and Natalie Bakopoulos. Followed by open mic. Email: cwpoetrycircle@gmail.com for more information. Email cwpoetrycircle@gmail.com for the Zoom link.

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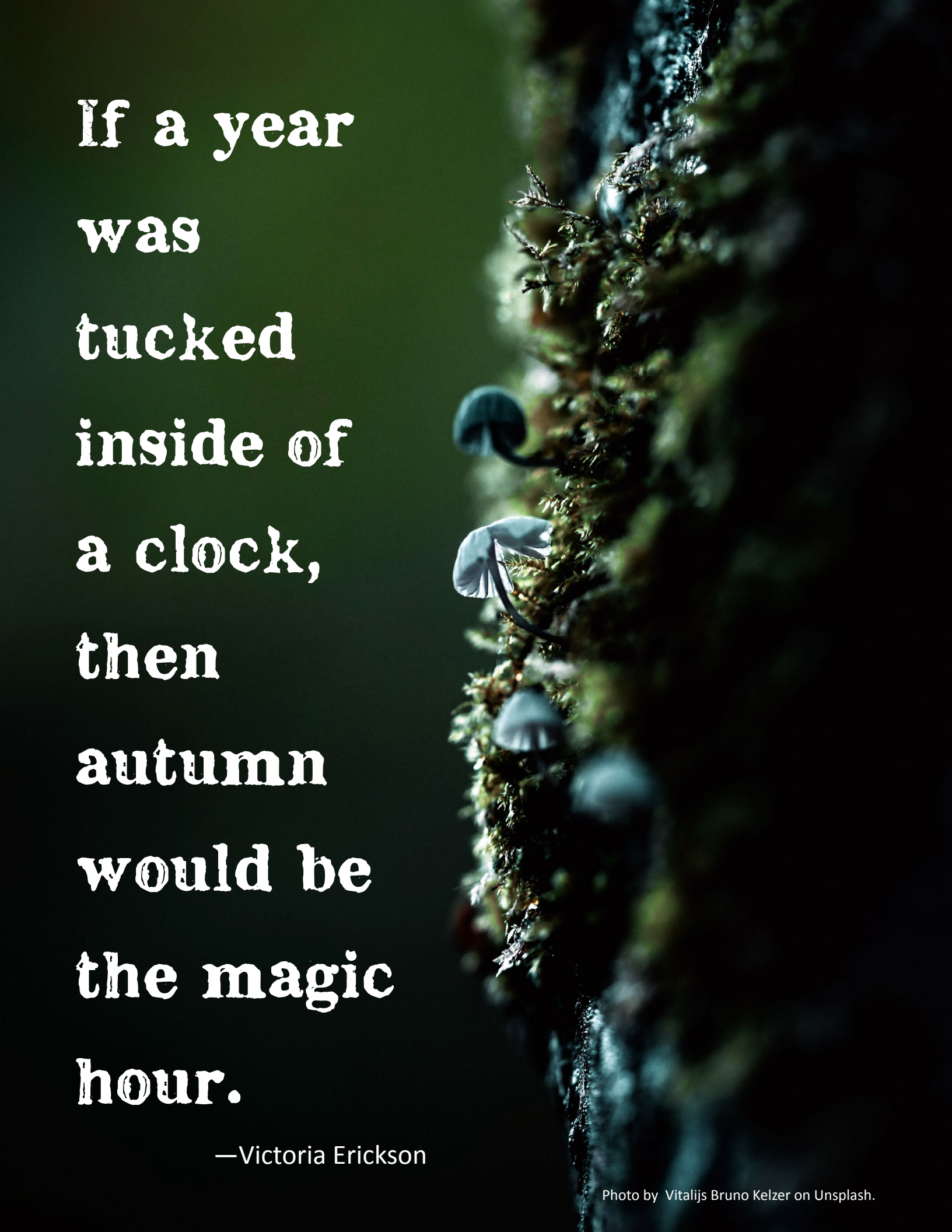

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